MARVEL AT THE NEW HATS.

WOMEN FIND MILLINERY EX-CITING THIS SPRING.

Diminutive Polos, Tiptilted Satiors and Phenomenal Color Schemes Features et a Revolution in Headgear-Hats Lace Frilled and Flower Massed.

Millinery is an exciting topic this spring. For women who have kept up with the changing modes during the last year spring frock changes are not radical enough to stimulate enthusiasm; but the hats are dawnright revolutionary and the crowds in front of the milliners' windows are edifying to a student of feminine nature.

All the women stop, look and marvel but there are various ways of standing the There's the woman who has seen the change coming and takes it as a matter of course there's the woman athirst for novelty of any kind, who hails the tiptilted sailors, the diminutive polos, the phenomenal color schemes, with joy; there's the man who says "Aren't they killing!" and giggles exuberantly, and there is the woman firmly conservative and given to statuesqueness who points the finger of corn at the impertinent p lo turbans and says "ricliculous" in a tone to wither the andacious bits of millinery.

The first few women to launch the new hats need courage, recklessness or the serene ensciousness of a face and figure lending themselves to piquancy; but womankind will gradually fall into line and we shall scon become used to the invovations.



Luckily, extremes are not imperative. In a general way, a large majority of the hats conform to the new rules, are a trifle smaller

narrower shapes, often turned up sharply tions of a large round turban.

and ornamented by a single beautiful cluster of flowers, or a little bunch of plumes on the left side, the round little cap is attractive and it is good too in the flower covered white violets and with a knot of velvet or a cluster of American beauty roses at the side. Made in little frills of narrow valenciennes, with flower or feather trimming, the model has merit, and tiny overlapping frills of horsehair are used in the

covers the crowns and brims of hats other than polo turbans, and is especially good in connection with certain of the new sailors. brim, low of crown and built up at the back until they tip sharply forward at an angle front or slightly at one side of the front and setting a little cluster of flowers on a

One of the imported hats in this shape was entirely covered with little frills of valenciennes. Folds of narrow velvet ribbon in that little yellowish spring green, that is serfresh and elmming with white, encircled the low crown. The tack was lanked up with white roses, shading to the fresh green and yellow at their hearts, and from one side of this rose trimmed tack fell a shower of narrow green velvet loops and ends.

This same white and yellow green color scheme is repeated again and again among the french hats, and almost always with

good results. Moreover, the coloring goes well with almost any summer freek and is seldom unbecoming.

In one importer's window two hats were much admired. One was a long very narrow turban, covered with small loose petalled white roses, yellow green at their centres and trimmed with a sharp pointed, narrow shaded green wing set flat on each side, and a fall of green velvet loops in the back.

The other was a low crowned, rather arrow brimmed hat of fine white horsehair, turned up sharply at the left side of the back and trimmed with white ostrich tips shading to yellow green at the tips.

Horsehair and all of the very fine pliable straws, easily adapted to the odd and picturesque convolutions of brim, are very popular, and the old favorite Leghorn promises, under the season's conditions, to have a new lease of favor. Fine chip, too, is seen in many of the smartest hats, and there are delightful fancy straws of lacy effect. Some of these last, in white with the merest line of colored straw at the edge, are exceedingly pretty and are used for little turbans simply trimmed with a cluster of flowers, a chou of lace, or a group of the cut silk pompons, set on one side.

Of the lingerie hats we have spoken before, but new models appear every day. The drooping brim baby hats, with full crown and shirred brim, are more popular than ever, but the openwork embroidery or broderie Angloise or linen or batiste is the new feature of the lingerie millinery, and it is used in every imaginable way.

Full crown flat brim baby hats, like those sheer lace and embroidery, are made of openwork linen with plain brim, buttonholed in scallops at the edge of the brim and drooping slightly there. Broad brimmed picture hats are covered smoothly with batiste embroidered in openwork and are trimmed with loose clusters or sprays of large roses or other flowers and with soft scarfs of silk or folds of velvet

In these hats the under side of the brim is usually faced by little overlapping frills of valenciennes or by corded or shirred batiste or mulle or net. Sometimes the crown, too, is formed of little valenciennes frills and the openwork embroidery is used only for the brim.

Turbans, too, are made of the batiste embroidery draped softly, and one lovely French hat was a turban somewhat like a polo in shape though not exaggerated. The top of the crown was made of frills of real valenciennes set on in overlapping circles, and around this was draped an exquisite scarf of embroidered Latiste arranged so that its finely scalloped edges would lie against the val and against the hair. These beautiful tearoses and their foliage were posed on the left side, and a rouleau of tearose tulle lifted the turban slightly from the head and was massed in a soft plaited bow against the hair in the back.

The tearose shades, all the apricot shades, the filacs, the blues in hydrangea pervenche and bluet tones, the greens and certain shades of brown are the conspicuous colors in the new millinery, though other hues are used, and white always has its place in summer millinery. There is much pink-chiefly in the form of roses; and on every side, one finds the soft, faded tones in combination, all the pinkish lilacs, the dull light blues, the faded rose and green. Handled by an artist these color schemes,



AS TO FUNERALS IN NEW YORK

A DUTY WHICH MOST PEOPLE TRY TO AVOID.

Small Congregations to Be Expected at Church Services-Men and Women Indifferent Save During Hymns-Pri-

vate Home Funerals More Favored. New Yorkers do not go to funerals when they can avoid it. A full church at a funeral service is a great compliment to anybody who leaves New York for the other world It is an indication that he was either very rich or very popular. It is not always safe in this city to count on a large attendance at the funeral of even a celebrity.

New Yorkers are too busy with the affairs of this life or too indifferent to attend to duties of this kind. So well recognized is the disinclination to go to funerals that the attendance of only a handful of persons at a church funeral service is not a cause for chagrin to the family of the deceased. They all know that New Yorkers do not go to funerals if they can avoid it.

Strangers who come to New York are more impressed by the importance of the sexton at a funeral than by anything else, save the small attendance. Most sextons here are also undertakers, and when parishioners die the funeral preparations are usually handed over to them.

Who has not observed their officious and hasty trips up and down the aisles of the church before the service begins, their solicitude over the order in which the family are to enter, and the state of excitement, bordering almost on panic, in which they arrange the departure from the church? The sexton has his share of enjoyment at every funeral, whether the congregation be large of small, and he is the only person about a New York funeral who really does go at his work in any but an uninterested way. He seems much concerned. The congregation stares about with considerable indifference

Last summer a New Yorker, who at one time had large wealth and was always in possession of a high social position, died. Eleven persons attended his funeral. To be sure, he was buried on a day that separated two holidays. Many of his friends were near enough to the city to come in if

they wanted to A member of several large city clubs, a rich man in a small way, in life a New Yorker, was buried last fall in the presence of a handful of persons in a church to which he had belonged for twenty years. He had a large family connection, but they were away or sick or too little interested to come to his funeral. So a man whose acquaintance would have kept him bowing constantly in the Fifth avenue church parade, had fewer persons at his funeral than he would have greeted on one clear morning.

The little groups that gather at the church door are sometimes too shy to enter the vast church and scatter themselves through it, making only an occasional head

other persons in the church.

They turned back the collars of their coats, which they unloosened as they stared about the small gathering. Occasionally they whispered together. They could not have acted differently had they been at a matinée, except that they might have taken their hats off there.

It is interesting to observe the emotional effect of the hymns, which sometimes alter the demeanor of the most indifferent attendant. It may almost be said that it is only at funerals that men attempt to sing.

The influence of "Nearer, My God, to Thee and "Lead, Kindly Light" sometimes inspires a desire to sing, even in men who might be described as cold blooded. Usually they give up the attempt after a few trials. After a few preliminary rumbles the average man looks about him in a sheep-

faced way and then suddenly stops.

Women stick to it longer. They will follow the notes to an altitude far too lofty for them under the inspiration of the fervor aroused by the familiar melody. Women however, are never troubled by the fact that they have started a hymn on so high a key that they can never by any chance get up to the highest part of the music.

When the high notes come they simply stop singing and then avoid embarrass ment, and they never look so shamefaced as the men.

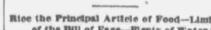
If anybody looks at one of the men while he is singing heeither looks away suddenly like a child caught in mischief or returns a defiant stare as if to hurl out the proclamation that he has as much right to sing as anybody else, even if he isn't in the habit of doing it much in church.

Under the influence of hymns they have heard under similar circumstances and at other times, the women who seem to be least interested in the proceedings sometimes become so distressed that they might be mistaken for the nearest and dearest of all the relatives. Luckily, they recover from this state of mind as soon as the melody is over.

One feature of this suddenly acquired grief is the full fledged condition in which it first shows itself. It does not begin with a furtive tear or a sniffle. It comes as a full downpour without any preliminary rain drops of warning. It subsides just as promptly.

New Yorkers, in their unwillingness to go to funerals, even of their friends, have made it easier for themselves to avoid this duty by putting as far away as possible the limit within which they might consider themselves compelled to attend funerals. In other parts of this country the friends of a family attend a funeral, even though they may not be personally acquainted with the deceased. In New York few persons who do not know a person in life ever feel themselves called upon to attend his funeral.

This indifference probably has more than anything else to do with the growing popularity of private funerals. Orthodox church men still want funerals in churches. But the privacy of a home has seemed of late years much more appropriate than a church



Rice the Principal Article of Food-Limits of the Bill of Fare-Plenty of Water to Be Drunk-No Luncheon the Bule of the System-A Grape Fruit Salad.

EATING ON THE JIU-JITSU PLAN

IT WILL MAKE THE FAT THIN

AND THE THIN FAT.

The jiu jitsu girl eate different foods from other girls, she drinks different drinks, and she even seats herself at table in a different manner. Jiu-jitsu, it may be explained, oovers all branches of physical culture. It is the most searching of all physical culture systems, for it attacks not only your plan of exercise, but your plan of living as well, your way of sleeping, your manner of hygiene, and all other things that pertain to your physical life.

The jiu-jitsu girl eats poultry, game, fish and freeh vegetables and fruits, the last either cooked or raw. And she eats

nothing else.
She has no use for French pastries; she never touches the heavy German cookery nor will she eat Russian, Swiss and English specialties. She would as soon nibble at rsenic as a piece of pie-

White bread she considers filling, but not at all nourishing and therefore a waste of material; potatoes are fattening, but they give no nutriment, and as for the patties, the fritters and the tiny delicacies of the table she never thinks of them.

When you see a jiu-jitsu girl at the table you may be pretty sure of one of two things: either she is trying to get fat or she is try-

ing to get thin. Very few women are of normal and comfortable weight. One woman is twenty pounds too fat; the next one is twenty pounds too thin. Even the girls who act as dress models are not perfection and you

The jiu-jitsu girl who wants to get thin

has a certain diet to which she rigidly

When it is done, it is flaky and moist, not

If you were a jiu-jitsu girl trying to get

You would rise about 8 o'clock

thin, this would be your rule for break-

and after a little light gymnastic exercise

in your room, taking maybe an hour of

your time, you would sit down to breakfast

between 7 and 8 with a plate of rice before

a dish of prunes without sugar, or a bowl of tart apple sauce, or perhaps some stewed dried truits, cooked always without sugar.

holds herself. Her main food is rice.

make her strong.

dry and hard.



GRAY & WHITE HAIR

As my stock is larger and more comprehensive than ever before, I can guarantee to match perfectly any shade and texture. The assortment of colors is replete with all the fine shadings of slightly grays, mellow cream colors, steel blue and pure silver Ladies may feel confident of finding the softest and most deli-

cate textures to match their own hair. "ADREA"

continues to be the popular coiffure for 1905. It is charming in looks, natural in appearance, becoming to the wearer, and easy to

HAIRDRESSING and HAIR COLORING by expert artists. The greatest care is given to the minutest detail, and satisfaction is always assured.

Eat little flesh, and let that little be lean and very well cooked. Take plenty of fish, especially codfish, and subsist largely upon chicken, game and the boiled white meat of large fish.

Eat no potatoes at all. But, if you must eat potatoes, let them be large and of good growth.

Scrub them with a scrubbing brush until they are clean. Then bake them until they are mealy. Serve them while they are mealy. Serve them while they are mealy. Serve them split open, and in the middle of each sprinkle a little salt and drop a few drops of hot milk. A tiny lump of butter may be added. Take no wine at all, no beer, no alcohol



of any kind. Drink very little tea and coffee, and if you are trying to get thin drink none at all. Let your beverage be cool water, and drink as much of it as you

can.

If the fiu-jitsu girl is very stout, and wants to get thin in a very short time, she must take the reduction exercises while she is dieting. The best time for these is an hour hefore breakfast, an hour in the middle of the morning and half an hour in the middle of the afternoon.

For lunch the jiu-jitsu girl takes nothing at all. She drinks a glass of water and

thinks of her dinner that is to come. If she still feels hungry she drinks two glasses of There are those who must have some-

thing to eat at noon. Long habit has made it necessary. And for these there is a

therees are in a choice of two lunches.

The first is a pint of milk, slightly warmed, and taken little by little. Or the jiu-jitsu girl can take a cup of chocolate.

For dinner there is a nice variety offered. The jiu-jitsu girl can have boiled fish with be ked rotatoes; she can have chicken baked potatoes; she can have chicken with cooked fresh vegetables; and she can have stewed and fresh fruits. But she must not eat nuts, cheese or salad if she

holds herself. Her main food is rice.

Rice is peculiar in that it combines two foods. It contains the nutriment of white eat salads likerally dressed with vinegar and oil; she can eat nuts and all the cheese that is pleasant to the taste; she can drink milk and cream and she can eat graham bread thickly spread with good sweet bread and potatoes. But it is better for the jiu-jitsu girl than bread and potatoes, for it does not fatten her, while it does butter.
She can also partake of rye bread cov-

The jiu-jitsu girl cooks her own rice, if ered with cheese and she can make excel-lent salad sandwiches of brown bread with chopped lettuce, celery and watercress, and she can also indulge heartily in codshe cannot get it cooked to suit her. She covers it with cold water and lets it slowly come to a boil. Then, stirring it as little as possible, she cooks it until it is very fish, other fish, chicken and beef. tender, adding a little sait toward the last.

fish, other fish, chicken and beef.

An excellent salad for the woman who wants to increase her weight is made by taking the middle out of a grape fruit. This is cut up with white grapes, pieces of celery, bits of lettuce and a chopped apple. Over this is poured a salad dressing and the whole is eaten with as much oil as possible.

oil as possible.

The woman who wants to get fat must eat a great many oily salads. But she must mix the salads with lemon juice instead of with vinegar. And, with her salad and her bread and butter, she can drink a glass of claret, which is decidedly fattening, or she can drink a glass of beer

From the Milwaukee Sentinel.

Leather effects will figure in the belts to be worn by women this summer. The new-est thing for children is patent leather belts

est thing for children is patent leather belts with a fob," said H. Welfeld.

"The slik beit with leather trimmings will be the most corgeous one the women have worn in several summers. It is something entirely new and will be one of the popular effects. Another fad for the summer is a leather beit, plain and patent, with a seam running through the centre. This will be worn with shirt waists. The visiting bag will be carried this summer instead of the handbag which has been so popular." which has been so popular.

Making Old Pen Good as New. From the Chicago Chronicle.

"My pen is spoiled and I have no other.

The machinist happened to be in the office and he took the pen and held it over the gas jet for thirty seconds.

You can make an old pen as good as new,"
be said, "by holding it over a flame like this
for half a minute and afterward dipping it in he disped the hot pen in cold water as he poke and it rizzled flightly.

Now try it, "he said.

The bookkeeper tried the pen and exclaimed

By George, it's as good as new again,"

BLAMES POTTER FOR FAILURE

RECTOR JOHNSON'S VIEWS OF HIS PARISH TROUBLES.

Says the Church Here Is Not Truly Eptse copal and That Its Conduct Is Driving Men to the Roman Faith-Witness:

His Predecessor Is New a Catholic The Rev. W. Everett Johnson, rector of the Church of the Redeemer, in West 136th street, will distribute in his church to-day a letter to his congregation, showing his attitude foward the Episcopal Church authorities in this diocese. In this letter Father Johnson attacks Bishop Potter and

other authorities of the diocese for their administration of the diocese. This is, in part, the letter: "I became connected with the Church of the Redsemer in the fall of 1892 as an assistant to the Rev. Henry A. Adams, who had then been rector for about six months. There was a first mortgage on the property for \$65,000, held by the city, bearing 4 per cent. interest, and a second mortgage for \$25,000 at 6 per cent. interest. At this time the interest on the first mortgage, of \$50 a. week, was being paid by the parish, and the interest on the second, of \$1,500 a year, was being paid by Trinity parish. This debt of \$90,000 was due to one error, and that the attempt to build a large church on land to which there was an insecure title. After nearly \$30,000 had been expended in build-

the church would have been built without a "At the end of three months Father Adams insisted that I assume the rectorship, to which I was elected by the vestry on Dec. & 1892, and he became the assistant. During the following summer (1893) Adams per verted to Rome and the effect produced was most disastrous, nearly every one expecting me to follow him, and all hope was abandoned. What little wealth there was in the congregation took fright and went over, not to home, but to safer

ing, the church was compelled to purchase

title to the land. Had it not been for this

"After most careful consideration by the vestry of the whole situation it was the vistry of the whole situation it was determined to make an effort to raise the whole amount of the first mortgage, \$65,000, and if we failed in that to sell out the church, property. An appeal was therefore made to the congregation on Jan. 1, 1897, for pledges contingent on the subscribing of the whole amount by April 1, 1897. The congregation and those directly interested in the church soon subscribed \$25,000, a very large amount under the circumstances, yet \$40,000 short of that needed. It was then decided to sell the church property, which was done just before the end of that year, leaving a large and devoted congregation churchless.

"Had the parish been really Episcopal it would never have been allowed to build a permanent church unless the title to the land was incontestable; one cannot imagine

land was incontestable; one cannot imagine the Roman Church making such a blun-der, for the Bishop is one of the trustees rch corporation, and c is obliged to maintain a system of legal advice thoroughly independent of casual

parochial ambitions.

"The perversion of Adams was due principally to his disgust with the congretional and competitive methods of operation of Episcopal parishes. It was that that turned his face in the direction of Rome and has turned hundreds of others in the

Church in the same direction.

Our utterly haphazard method of church extension and maintenance has proved an entering wedge for the penetration of Roman errors in faith and doctrine. As a business institution everyone of us admires the Roman Church in this city and we a most unrighteous conthis city, and yet a most unrighteous conservatism prevents us from doing like-

wise.

"At a time when the Church of the Redeemer was doing its best work, and had attracted the attention of the press as well as of church people generally, the mother church of the city—Trinity Church mother church of the city—Trinity Church—withdrew its appropriation for the interest on the second mortgage, thus increasing the fixed interest charge from \$50 to nearly \$50 a week to be paid by the parish. It must be noted that Trinity parish was a party to the absurd blunder of creating the debt, for without its aid the second mortgage would have been impossible, and, having made the blunder, was in hence bound to continue that sid.

"In our final effort to subscribe the first mortgage of \$65,000 there was received in this parish and among its friends \$25,000, leaving \$40,000 as the object of appeal to the Church throughout the city. In order that the appeal might carry some weight it was necessary to obtain the Bishop's indorsement. This the Bishop refused to give, for three reasons; first that the crea-

give, for three reasons; first that the crea-tion of the debt had been a kind of eccle-siastical gambling; second, that the genius of the church was not suited to its neighbor-hood; third, that the rector belonged to a school whose only use for a Bishop was thet of his name for the purpose of raising money, creating an entirely erroneous impression in the minds of those to whom the appeal was made. As a result of this refusal all efforts for a general appeal were abandoned, and during that year (1897) the church was

"I trust that I have made plain in this letter the fact that the Church of the Redeemer was lost because the Church in this city is a parochial and not an Episcopal church. I do not mean that we have lost the apostolic order, but that we have lost the apostolic missions and unity of life. I am not blaming any individual man, but our general loss of that which we rightly inherit—the unity of our common work.

"Later on I intend to show you how the Church has become weaker and weaker in this city from the same causes, and what a travesty it is that we pose

a travesty it is that we pose as ardent workers for a Christian unity which we do not possess ourselves.

"I love what men call the Episcopal Church, and I feel a right to express that love, because I have had to bear so long the active pressure that has driver so many of my brethren to desert it. So many times I have listened to the plaint "Don't you think you are leading men to Rome?" while I well know from sad experience that those below are driving them to disloyalty not to the faith only but to the order and the

not to the faith only but to the order and the

discipline of our Catholic heritage. Two Miles of Dead Fish in Minnesota I ake. Mapleton correspondence St. Paul Dispatch.
Dead fish line the shores of Minnesota Lake and appeals to the State Health Departmen to have the nuisance removed have been made. The fish weigh from one to eight pounds and are banked up for more than

two miles. They were smothered. The residents here

estimate the money value of the fish at \$5,000 had they found a market last fall. These fish are mostly carp and suckers.

tilt forward rather than backward, are banked up at the back with flowers, feathers or tulie, instead of being pressed down flat BOCKER and pinned firmly to the hair; but the angle need not be aggressive and there's many a quiet, unobstrusive hat that is distinctly modish. Our old friend the turban, unless it be longs to the polo class, inclines toward

at the left side and trimmed with some unusual arrangement of wings, flowers, feathers or ribbons. The very narrow elongated shape is unbecoming to many women, particularly to those whose hair does not roll luxuriantly at the sides, and for those women broader turbans are still made or the polo is enlarged to the propor-

This polo is one of the freaks of the season and in some of its guises reaches the point of theatrical absurdity, but in other models it is prettily piquant and suits to perfec tion a certain type of youthful face.

In jet paillettes, made of moderate size, models-say a polo entirely covered with

same way as the valenciennes. Valenciennes in countless little frills These sailors are narrow and rolling of disastrous to the average profile. The trying line is sometimes broken by bending the edge of the brim tack sharply in the

coquettish little bow of ribbon there.

though unnatural, are lovely, but a mistake in them is fatal, and already one sees developments of the idea that are enough to move an esthete to tears. Moreover, even if the hat in these tones is a success it may so easily be worn with the wong things, and the possibilities involved in this idea, in the tip tilted sail ors and the saucy polo caps promise us a remarkab e summer of millinery caricature.

The union of delicate lilac with light dull blue is considered particularly chic, and may well be charming if cleverly managed. A delightful model hat in these two shades was of lilac crin, its moderate brim drooping at one side of the front and turned up sharply at the opposite side of the back. Full ruches of lilac and light blue tulle surrounded the crown, which was very low, and in the back were plumes in the two colors. Another little hat, which sounds hopeless in the description and was peculiarly artistic in fact, was of mauve horsehair with the usual rather narrow brim, low crown and turned up back. A large cluster of roses in mauve and soft dull pink were placed on the crown at the back, spraying over the crown top ar lying against the upstanding brim, and little ostrich tips in pink and mauve covered the back of the hat and fell over the hair.

The disposition of the feathers upon the new hate is wonderful and often fearful. Plumes start out at a tangent from the side of a turban, they are tucked under the

SOME NEW STRAW HATS AND THREE OF THE FASHIONABLE POLO

here and there. They wait for friends to give them courage. In the same way the funeral party waits for mourners that never come until, finally, the officious sexton, with a look of disappointment that more persons are not to see his splendid arrangements, starts the mourners up the aisle. If there are choir boys they probably begin half a tone flat and get further and further down as they march to meet the funeral party. Suddenly called in for this outside work, the boys are carefully

scrubbed until their faces shine and the procession diffuses an odor of soap. In addition to the drawback of singing out of tune, the boys walk so close to the congregation that every separate voice sounds out so distinctly as to rob the chair of all homogeneity. There is sometimes enough in the mere singing of the choir

to discourage attendance at funerals. Yet there is always a certain air of expectancy in the attitude of most New Yorkers who go to a funeral. Two women in black astrachan jackets entered a church the other day just before the service began. They were plainly friends of the family, for they bowed to some among the few

So the home funerals, to which only the friends of the deceased are expected to come, grow more common in New York

Variation in Parlor Tricks Which Amuses a Woman's Friends

A woman in town has taught her dog to do his tricks to her commands issued from the gramophone. In speaking the orders into the machine she allowed enough time after each for the performance of the trick

"It saves me trouble," she explains. funny watching the mouth of the gramophone for orders.

"Perhaps you think it was easy to get

you. You would put nothing at all upon the rice except a little salt.

Some fruit dish would go with the rice, TOQUES.

DOG STUNTS BY GRAMOPHONE.

dried truits, cooked always without sugar. You would eat all you wanted, but take nothing except those two dishes.

When you begin the jiu-jitsu diet you will be hungry all the time. To the person accustomed to a full stomach the diet is unsatisfactory, Mrs. Peary, who accompanied her husband on one of his exploring expeditions in the Arctic, referred to this unsatisfied feeling when she said: "Our greatest trouble is experienced with the sailors before they get used to their rations of compressed food. They miss the full feeling of the civilized stomach, and they are uneasy and think they are hungry. But after a while they get accustomed to their compressed foods and enjoy them."

And it is the same with the jiu-jitsu girl. At first she rises from the table hungry. But after a few days, when she notes how much better she feels on a short diet of limited foods, she becomes enthusiastic to continue the diet.

The jiu-jitsu girl follows her rules closely.

"Everybody's crazy to see Dodo do his tricks, and I get tired going through the performance with him. Then he looks so

The first is to eat lightly. Then follows

him to do it. It took a lot of training, for it puzzled him so to hear my voice on one side of the room when I was over at the other side. He won't do the tricks for any one but me, so people say it gives the queerest effect to see him go through them le' e

Drink no ice water, winter or sumn Let your drinks be cool, but not lord. Take nothing frozen into the stomach.

Drink at least a gallen of water a day, hether you are trying to ge, thin or trying

continue the diet.

the gramophone when I may be miles : ---